

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Sept. 5, 2000

NEWS BRIEFS

HEALTH FAIR SEPT. 6

CHS and CFC are sponsoring a Health and Wellness Fair Sept. 6 from 9 a.m. to 3 p.m. in the CHR lobby. Various agencies such as the Frankfort YMCA, Franklin County Health Department, American Red Cross, Department for Public Health offices, International Hearing Society, Fit Time for Women, Frankfort Athletic Center, message therapists and the Kentucky Employee Assistance Program will participate.



TIP OF
THE
WEEK

September is National Cholesterol Education Month. High cholesterol levels increase the risk of heart disease, the leading cause of death in the U.S. It's recommended that people 20 and older have their cholesterol measured at least once every 5 years. A cholesterol level below 200 is considered desirable. Cholesterol levels may be lowered through reducing fat intake through diet changes, increasing physical activity, controlling weight and drug treatment. More information is available at the following website: <http://www.americanheart.org/cholesterol>.

Helton Thanks State Fair Volunteers; Attendance Up About 50 Percent

By Secretary Jimmy D. Helton

Thanks to the efforts of CHS volunteers, this year's State Fair booth was tremendously successful. It is estimated that between 45,000-50,000 fairgoers visited the Garden of Good Health to receive information and assistance in areas like nutrition; special health care needs for children; aging services; mental health and mental retardation; food, milk and product safety; KCHIP; vital statistics; body composition; and early childhood development. This is about a 50 percent increase over last year, which means that volunteers worked harder than ever before.

The media coverage was fantastic, especially for KCHIP. Those bright yellow shirts really did the trick. Every Louisville television

channel carried stories on our booth, as did The Courier-Journal. WDRB even covered our exhibit live on its 6:30 a.m. newscast one day.

I have heard all sorts of positive comments ranging from the cheerful and professional demeanor of the workers to the colorful, creative and interactive style of the exhibit.

All involved in our State Fair display should be very proud of your shared accomplishment and feel good knowing that the fruits of your labors resulted in providing thousands of people with information about health services in Kentucky.

Again, thanks to one and all for a job well done!



Red Cross Blood Drive Sept. 20-21

CHS and CFC will sponsor a Red Cross Blood Drive on Sept. 20-21 from 9 a.m. to 1:30 p.m. in the Health Services Auditorium.

Blood supplies are low and contributions are



needed. It's a cost-free way to help others in need.

During the last blood drive in July, 74 CHS-CFC employees were donors. Just five were first-time donors.

CHS Picks Up 11 Communications Awards

The Cabinet for Health Services picked up 11 honors at the recent Kentucky Association of Government Communicators' Blue Pencil-Gold Screen Awards luncheon.

Ten of the awards were for work carried out by the cabinet and its contractors for promoting the




Kentucky Children's Health Insurance Program during 1999. Along with CHS, Kuvin-Dennis Public Relations, Louisville advertising firm red7e and Commonwealth NewsCall were also recognized for the KCHIP work.

Here is a listing of the awards:

Award of Excellence: KCHIP Posters, KCHIP Brochure (4-color), KCHIP Audio News Release, and KCHIP Back to School-News Writing.

Award of Merit: KCHIP Newspaper Advertisement, KCHIP Image Campaign, KCHIP Community Relations Outreach, KCHIP-Special Events, KCHIP Family Video-Client Relations, KCHIP Logo.

CHS was also awarded an honorable mention for the Folic Acid Campaign Press Kit with the Folic Acid Partnership. 


Open Enrollment Sept. 18-Oct. 6

Open enrollment for health insurance for the 2001 Plan Year will be Sept. 18 through Oct. 6.

Departmental timekeepers will distribute the open enrollment packet to each employee on Friday, Sept. 15, with payroll checks. All employees are encouraged to read the Health Insurance Handbook as there are several changes for the new plan year.

All applications must be submitted

your timekeeper no later than 4:30 p.m. Friday, Oct. 6.

All employees must complete an application each year during open enrollment if you choose to waive Health Insurance Coverage, participate in the Commonwealth Choice Spending Accounts, or make any type change to your current health insurance. 

Move News...

Thanks For Being Nice

Renovation work around the CHR Complex continues and is ahead of schedule.

The CHS Purchasing Operations Management Branch appreciates the cooperation employees have shown during the moves and work. Special thanks goes to Lori Gibson for keeping the moves on track.

Employee Benefit Fairs This Month

State employee Benefit Fairs have been scheduled for this month around the state. Here is a listing of some of the fairs where there are CHS employees. Check with your personnel officer if you need more information.

All fairs are from 2-6 p.m. local time.

FRANKLIN: Sept. 13-14, Civic Center.


FAYETTE: Sept. 19, Horse Park, Club Lounge.

JEFFERSON: Sept. 19-20, Fair and Expo Center, West Wing, West Hall.

CHRISTIAN: Sept. 12, Hopkinsville Comm. College, Auditorium Art Gallery

BARREN: Sept. 15, WKU Glasgow, Old Gym.

LAUREL: Sept. 28, Technical School, Rooms A&B

PULASKI: Sept. 22, Somerset Comm. College, Meece Hall Student Lounge. 



If you contribute \$15 per paycheck to the Kentucky Employees Charitable Campaign, it will provide:

Twenty-six days of shelter and food for a victim of domestic violence.

Please turn in payroll deductions forms as soon as possible. Please consider this method of giving this year.

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. Printed with state funds.

